

LYNN COUNCIL ON AGING SENIOR CENTER



June 2013

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

We completed our May Kindness Matters campaign. The one thing that was prevalent was... Kindness does matter! It was hard to be negative with all the cheeriness floating about! Our volunteer ambassadors toured local nursing homes delivering hand made yellow tissue flowers to residents... "Just to make you smile!" This experience was moving. The residents could not believe that we just came for no apparent reason- just to see them smile. Well, it worked. It was hard to leave. Special thanks to the Lynn Senior Center friendly ambassadors:

Pat Drake, Betty Gonzalez, Jane Laro, Joan Noble, Jesus Santiago, Anna Szpak, Ginny Calef

Thank you to the flower team! Donna Paegle, Pat Drake, and Marianne Pacheco and all ambassadors!

A grateful appreciation to Barbara White for all the decorations hanging in the senior center!

Stacey

From Your Mayor

As we approach the end of another school year, I look forward to celebrating graduation with our city's high school seniors, and I wish them the best of the luck as they move on to college or the workforce. It is always such a special day. For those of you with grandchildren or relatives in the Class of 2013, I hope you can join them and share in this joyful occasion.

The State of the City Address will be held on Sunday, June 9 at 2 p.m. at Ahabat Sholom at 150 Ocean St. The event is sponsored by the Lynn Community Association. I urge you to attend and hear about all the wonderful things taking place in our city.


As we celebrate Flag Day this month, Shoemaker Post 345 and the Solimine family will host the annual flag retirement ceremony at the Pine Grove Cemetery. The proper disposal of a torn, tattered or worn U.S. flag involves respectful burning. Throughout the year, Solimine Funeral Homes serve as a collection/drop-off location for old flags. If anyone has a flag to retire or would like to join us for the ceremony, it is a very moving event.

With the warmer weather moving in, our thoughts are quickly turning to summer. In July, we will again be joining Swampscott to host the fireworks display at Lynn Beach and are having a series of fundraisers to subsidize our share of the cost. Also next month, Mexican dog trainer Cesar Millan will be taking the stage at the Lynn Auditorium on July 11. Stay tuned for more announcements about upcoming shows.

Best wishes for a safe, enjoyable and warm summer.
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers
Edmund Brown
Ernest Carpenter
Albert DiVirgilio
Daniel P. Hanlon
Frank LaMacchia
Lester McClain
Charles Mitchell
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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

6th Annual Independence Day BBQ

11 am – 2pm Lynn Senior Center

Live band: **“Four Guys in Tuxes”** performing!

Hamburgers, hot dogs, ice tea, watermelon, ice cream & more

Ticketed event \$3 Largest 50/50 raffle of the year!

Tickets will be sold starting on Friday, June 14th at 9 am

~While supplies last to any participant with a swipe card~

No phone calls please- must pick up ticket in person.

FRIDAYS 9:30 am
BOARD GAMES
“Reminiscing”
Nostalgic Trivia Game

Don't Forget to Vote!
General Election for open
US Senate seat.
June 25th

JUNE HAPPENINGS

Tue, Jun 4	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
Wed, Jun 5	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 3:00 p.m.
Wed, Jun 5	Field Trip: Castle Island \$2	10:30 a.m. – 1:30 p.m.
Thu, Jun 6	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Fri, Jun 7	North Shore Navigators Rally!!	11:30 a.m.
Tue, Jun 11	Blood Sugar <u>AND</u> Blood Pressure Clinic "Lucy Booth" Open! Large Activity Room Nurse available for your questions.	8:00 a.m. – 9:30 a.m.
Tue, Jun 11	Casino Trip: FOXWOODS \$25 prepaid reservation Bus leaves promptly at 7 am Need 40 people by May 6th	7:00 a.m. – 6:30 p.m.
Wed, Jun 12	Field Trip: Richardson's Ice Cream \$2	11:30 a.m. – 1:30 p.m.
Thu, Jun 13	TALLER EN ESPAÑOL: Información sobre la enfermedad de Alzheimer	10:00 a.m.-11:00 a.m.
Thu, Jun 13	TOMMY RULL- talented performer! ~funded in part by the Lynn Cultural Council~	12 noon
Mon, Jun 17	Women's Group Meeting	10 am – 11 am
Tue, Jun 18	Field Trip: \$2 Boston Public Gardens Picnic in the Park Bus and boxed lunch included- swan boats on your own if you choose This trip requires some walking-no public restrooms	9:30 am – 2pm
Thu, Jun 20	Field Trip: Salem Willows \$2	11:30 a.m. – 1pm
Fri, Jun 21	Field Trip: Castle Island \$2	11:30 a.m. – 1pm
Fri, Jun 21	BROWN BAG: BOSTON FOOD BANK	10 a.m. – 12 p.m.
Tue, Jun 25	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Wed, Jun 26	Lynn Council on Aging Board of Director's Meeting	1:30 pm
Thu, Jun 27	FRIENDS OF LCOA meeting	10 a.m. – 11 a.m.
Thu, Jun 27	Podiatry Appointments	10:00 a.m. – 12:00 p.m.

It's ROOT! ROOT! ROOT! for the home team!!

GO North Shore Navigators!

Come to the Senior Center June 7th 11:30 am for a good old fashion send off to wish our Navigators good luck on their first game! Meet the players, bring your camera!

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JUNE 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
3 Chicken Broccoli Pasta Casserole Carrots Chilled Fruit ALTERNATIVE Beef Strip Steak / Gravy	4 Pepper Steak /Roll Hash Brown Potatoes Country Blend Veggies Fresh Fruit ALTERNATIVE Omelet/Cheese Sauce	5 Crumb Topped Fish Cre- sole Cheddar Whipped Pota- toes Italian Green Beans Pudding ALTERNATIVE Meatballs/ Gravy	6 Potato Leek Soup Chicken Caesar Salad WW Pita/Grated Cheese Cookie ALTERNATIVE Egg Salad/WW Pita	7 Stuffed Pepper/Sauce Whipped Potato Tuscan Veggies/Fruit ALTERNATIVE Sweet & Sour Unbreaded Chix Ten- der
10 Mac & Cheese Spinach Chilled Fruit ALTERNATIVE Chicken Marsala Potato	11 Clam Chowder Cold Meatloaf Sandwich Rice/Tomato/Olive Salad Fresh Fruit ALTERNATIVE Turkey & Cheese	12 Honey Mustard Tyson Chix Lyonnaise Potatoes Peas & Carrots Chilled Fruit ALTERNATIVE Liver & Onions/Gravy	13 **Hot Dog**/Roll Veggie Baked Beans Cole Slaw Jell-o ALTERNATIVE Chicken Filet Sandwich	14 Father's Day Special Burgundy Pot Roast Cran Juice/Duchess Potato Green Beans Al- mondine Blueberry Cake
17 Roast Turkey/Gravy Sweet Potato Cran Sauce/Muffin Veggies/Chilled Fruit ALTERNATIVE Dominican Beef Stew	18 WG Stuffed Shells/Meat Sauce Parm Cheese/ Roman Veggies Garlic Roll Ambrosia ALTERNATIVE Mushroom Quiche	19 Swedish Meatballs/ Gravy Whipped Potato Corn/ Red Pepper Chilled Fruit ALTERNATIVE Bean/Cheese/Rice Bur- rito	20 Cream Of Broccoli Soup Bnls Garlic Paprika Chicken Brown Rice Pilaf Fresh Fruit ALTERNATIVE **Hawaiian Turkey Ham**	21 Lemon Crunch Fish Sr Cream Whip Potato Carrots/WW Roll Grape Nut Pudding ALTERNATIVE Salisbury Steak/Gravy
24 Lasagna/ Meat Sauce Parm Cheese Green Beans/Scali Bread Mandarin Oranges ALTERNATIVE Chix Meatball/Gravy	25 Tyson Chicken/ Orange Sauce Garlic Whipped Potato Jardinière Veggies Fresh Fruit ALTERNATIVE Rib-B-Q/BBQ Sauce	26 Apple Glazed Roast Pork Italian Roast Potato Peas & Onions Jell-o ALTERNATIVE Mesquite Chicken	27 Chili/Shredded Cheese Steamed Rice Tossed Salad Cornbread/Pineapple ALTERNATIVE Veggie Quiche/Potato	28 Minestrone Soup California Chix Salad Bulkie Roll Potato Salad/ Cake ALTERNATIVE Shaved Roast Beef

SENIOR CENTER ACTIVITIES • JUNE 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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**HARBOR
90FT
APARTMENTS**

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$25

7 am - 6:30 pm
June 11th, July 9th &
August 13th

Please, please- sign up early! We
need 40 reservations one full
week before the travel date; otherwise we must
cancel.

Sign up in person at the senior center. OR
Mail your registration sheet and payment
check in.



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.
June 4th & 18th

Twin River \$20

10:00 a.m. - 8:10 p.m.
June 13th & 27th

Any questions? Call Elaine 781-289-6144
(Departs from back of Price Rite
at Northgate in Revere)

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Jun 5	Magnificent Obsession	1954	NR	108 mins
Jun 12	Hanging Up	2000	PG-13	95 mins
Jun 19	Proof	2005	PG-13	99 mins
Jun 26	From Here to Eternity	1953	NR	118 mins

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



A MESSAGE FROM SHINE.....Medicare Fraud and Abuse

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist.

Fraud occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

COMPUTER CLASSES

Computer Classes- Mondays

July 1st, 8th, 15th, 22nd, 29th

Next session: Aug 5th, 12th, 19th, 26th, Sept 9th

**Lynn Senior Center - Computer Room, 1st Floor
8 Silsbee Street, Lynn / 781-586-8503**

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:

**Introductions to Computers & Microsoft Word 2010
(Five Week Course)**

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations. The student will learn the basics of the new Microsoft Word 2010 word processing.

10:00 a.m. – 11:00 a.m. Cost: \$50.00

**Introduction to the Internet
(Five Week Course)**

This introductory course is for students with little or no internet experience. This five week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

11:15 a.m. – 12:15 p.m. Cost: \$50.00

**Basic Media Skills
(Five Week Course)**

This basic introductory course is designed for students who want to archive photos, make movies and slide shows utilizing music and videos.

12:30 p.m. – 1:30 p.m. Cost: \$50.00

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

Computer Room Hours of Operation:

Monday - Friday 8:15 am-3:45pm

Closed: Mondays for classes



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Place Your Ad

Cancer: Thriving and Surviving

Are you a cancer survivor who has completed treatment? If so, you may be able to join a free American Cancer Society online workshop and national study.

Through funding from the *Boston North Cancer Association*, the GLSS Healthy Living Program is helping to spread the word about this great opportunity for cancer survivors.

"The end of cancer treatment can be both stressful and exciting. To help survivors adjust to life after treatment, Stanford University developed an **online workshop called "Cancer: Thriving and Surviving."** The American Cancer Society is doing a 1-year study to see how well it works, and we need your help.

During the 6 week workshop, you will connect with other post-treatment survivors to share your experience. You will also learn ways to manage fatigue, difficult emotions, and effects of cancer treatment. It's done entirely online – you choose the days and times that are most convenient for you. You should log on at least twice a week for a total of 2-3 hours each week. You will also be asked to complete 3 online surveys – one when you agree to participate in the study, one 6 months later, and one 12 months later."

Enrollment is limited. Visit www.cancer.org/GLSS to learn more. GLSS will not receive your name or any other personal information. We will receive only the number of people who have enrolled due to our efforts.

Resources

Cancer: Thriving and Surviving www.cancer.org/GLSS

Facing Forward: Life After Cancer Treatment National Cancer Institute
1-800-422-6237 www.cancer.gov

American Cancer Society/National Cancer Information Center
1-800-227-2345 www.cancer.org

Susan H. Brown RN, Greater Lynn Senior Services
781-586-8568 ext. 568 sbrown@glss.net

NEW GROUP ANNOUNCEMENT:

The Massachusetts Commission for the Blind, the Lynn Council on Aging Senior Center and Greater Lynn Senior Services (GLSS) are pleased to announce our new Low Vision Support Group! Beginning Tuesday June 18, 2013 and continuing the 3rd Tuesday of each month from 10:00 AM to noon in the Council's Fireplace Room. Please join us to learn about low vision resources and share ideas with others who are experiencing vision loss. Light refreshments will be provided! If you have questions, please contact Kimberly Loper, Senior Case Manager at 781-599-0110 extension 557.

The Beatles

S	C	Z	T	R	S	S	U	E	H	T	N	I	K	C	A	B	Z	S	P	S	O	B	N
S	N	A	F	G	N	I	M	A	E	R	C	S	O	J	N	U	M	E	A	D	B	R	O
E	N	I	R	A	M	B	U	S	W	O	L	L	E	Y	O	P	L	L	U	R	L	I	S
C	A	N	T	B	U	Y	M	E	L	O	V	E	W	I	N	O	I	T	L	O	A	T	I
S	M	U	B	L	A	T	I	H	N	K	S	I	R	W	N	V	F	A	M	C	D	I	R
T	I	C	K	E	T	T	O	R	I	D	E	U	D	J	E	Q	F	E	C	E	I	S	R
A	H	A	R	D	D	A	Y	S	N	I	G	H	T	R	L	T	Y	B	C	R	O	H	A
A	B	B	E	Y	R	O	A	D	Y	N	O	V	P	V	N	M	V	Q	A	E	B	I	H
I	W	A	N	T	T	O	H	O	L	D	Y	O	U	R	H	A	N	D	R	L	L	N	E
R	I	A	H	G	N	O	L	R	E	H	O	U	T	W	O	Y	Z	B	T	P	A	V	G
E	N	G	L	A	N	D	L	X	J	L	Q	Z	U	N	J	U	N	F	N	P	D	A	R
R	I	N	G	O	S	T	A	R	R	S	E	I	T	X	I	S	F	W	E	A	A	S	O
T	E	R	C	E	S	A	W	O	N	K	O	T	T	N	A	W	U	O	Y	O	D	I	E
F	A	B	F	O	U	R	F	Q	E	D	U	J	Y	E	H	T	B	P	F	F	L	O	G
L	L	O	R	D	N	A	K	C	O	R	E	D	N	R	J	E	W	J	J	L	O	N	Z

ABBEEY ROAD**A HARD DAY'S NIGHT****APPLE RECORDS****BACK IN THE U.S.S.R.****BEATLES****BRITISH INVASION****CAN'T BUY ME LOVE****DO YOU WANT TO****KNOW A SECRET****ENGLAND****FAB FOUR****FILM****HEY, JUDE****HIT ALBUMS****I WANT TO HOLD****YOUR HAND****LIVERPOOL****LONGHAIR****OB-LA-DI OB-LA-DA****ROCK AND ROLL****SCREAMING FANS****SIXTIES****TICKET TO RIDE****YELLOW SUBMARINE**

Out and About Fun! Lynn Senior Center Trips 2013**Join us!****Thurs, July 25th****\$84*****Martha's Vineyard ~ featuring scenic sights, ferry cruise, & buffet***

7am -Depart from the Lynn Senior Center; board the Island Queen ferry in Falmouth. Arrive in Martha's Vineyard 45 minutes later. Board a sightseeing bus and tour Oak Bluffs to Edgartown. Spend some time shopping in the village and enjoy a buffet dinner at the Old Country Buffet before boarding the return ferry.

Approximate return time to Lynn is **7pm**.

~Final Payment due July 11th ~Must have 40 reservations~ Sign up by April 11th for 4 month payment plan of \$21 per month.

Weds, August 21st**\$80*****Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon***

8:30am- Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn is **5:30 pm**.

~Final Payment due May 7th ~Must have 40 reservations~ Sign up by Aug 7th for 4 month payment plan of \$20 per month.

Sun, Dec 1st – Mon, Dec 2nd**\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH***

2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.

~\$50 deposit by Aug 1st holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

Questions? Call Stacey at 781-586-8503

IN LOVING MEMORY

In loving memory of Win Legrow & Pauline Stickney
~Grace Ishkanian

In loving memory of Robert Hedetniemi
~Linda Hedetniemi

In loving memory of Dr. Thelma Berger
~Dr. Harvey Berger

Happy Birthday, Ann McCue
You are missed!
~The tappers

Thank you for your donation
~Sophie Karampoulis

Thank you for your donation
~Grace Ishkanian



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

June 4th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

June 11th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

June 25th
9:00 am—11:00 am

PODIATRIST

June 27th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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